



KSC Bulletin

<http://ksbulletin.ksc.nasa.gov>

No. 06-12 March 31, 2006

Published weekly under the provisions of KNPD 1590.2. Submit items to KSC Bulletin using the Online Request form. All notices contained herein must comply with the nondiscriminatory principles of the Federal Equal Opportunity Program. Advertised items must be available without regard to race, color, religion, sex, age, national origin, or disability.

DEADLINE FOR OFFICIAL/UNOFFICIAL/PERSONAL NOTICES IS TUESDAY, 9:00 am

OFFICIAL

REPORTING EMERGENCIES: To report any emergency on KSC, whether it is fire, security, or medical related, (including possible hazardous commodity exposure); dial 9-1-1 or 867-7911 from a cell phone. For walk-in type first-aid treatment, the Occupational Health Facility is open Monday - Friday from 7:00 am to 5:00 pm, and the Launch Area Clinic is open Monday-Friday 7:00 am to 3:00 pm. Hours other than those, call 9-1-1 for emergencies and/or first aid type treatment. **After normal working hours, the non-emergency medical related assistance will be coordinated through the 9-1-1 operators.** (TA-G)

EMPLOYEE ASSISTANCE PROGRAM: All employees are reminded that the Employee Assistance Program offers free, confidential counseling to all Kennedy Space Center and Cape Canaveral Air Force Station employees. Appointments are necessary to ensure adequate time. This program is available Monday through Friday, 7:30 am. to 4:00 pm. Appointments may be made by calling 867-7398. (TA-C2)

MASSAGE THERAPY: Massage Therapy available Tuesday-Friday 10:00 am-4:00 pm, room 1023, O&C Building. To schedule an appointment contact Valerie, (L.M.T. #19362) at 867-4762 or **JaramVS@kscems.ksc.nasa.gov**. \$1.00 per minute/packages available. Gift certificates also available. (TA-C2)

KSC FITNESS CENTER PRESENTS: W.O.W. OUR LATEST HEALTH AND WELLNESS LIFESTYLE PROMOTION PROGRAM:

Are you in need of a change? WOW! Do we have the program for you? We at the Kennedy Space Center Fitness Centers are excited to announce our latest healthy lifestyle program, W.O.W. (Wellness of the World). This will be a 15 week program encompassing all aspects of wellness from cardiovascular health to nutritional information and even stress management. Each week, you and your teammate will virtually travel to new, exciting and exotic places around the world, upon completion of your exercise activities.

We encourage everyone that is ready to commit to a lifestyle change to apply for this program. It will involve you working in teams of two, so if you have a team member in mind, please go ahead and turn in your applications together. If you do not have a team member in mind, one will be assigned to you, if accepted into the program.

Application packets will be available at the KSC Fitness Centers to pick up between Wednesday, March 29th, 2006 and Thursday, April, 6th, 2006. They will not be available via mail, email, or the KSC Fitness website. They must be picked up at either the O&C or OSB facility in person. Only one packet per individual will be available. They will be due back by the end of the business day on Friday April 7th, 2006. We will inform the chosen applicants by the end of the business day on Thursday, April, 13th, 2006. We are open between the hours of 5:30 am and 7:00 pm.

For more information please email Alycen LaBarca: **mailto:alycen.labarca-1@kcs.nasa.gov**

KSC/CCAFS HEALTH EDUCATION & WELLNESS PROGRAM (HEWP)

<http://hewp.ksc.nasa.gov>

MARCH 2006 (MENTAL HEALTH MONTH) ANXIETY DISORDERS: Anxiety is a normal reaction to stress however when anxiety becomes an excessive, irrational dread of everyday situations, it has become a disabling disorder. Anxiety disorders are serious medical illnesses that affect approximately 19 million American adults. These disorders can fill people's lives with overwhelming anxiety and fear. This year's mental health month packet is on anxiety disorders including resources as to where to get help.

MARCH 2006 (MENTAL HEALTH MONTH) ANXIETY DISORDERS: (Continued)

Hardcopies of the anxiety disorders packet is available at all medical and fitness facilities. If you or your department/organization would like to be added to the monthly packet hardcopy distribution list, please call Kris Calderon at 867-3414.

NUTRITION EDUCATION FOR WORKERS AT THE SPACEPORT (N.E.W.S.) PROGRAM: The N.E.W.S. program was created to educate workers at the spaceport about nutrition. The program includes a comprehensive website with an e-mail mechanism to ask nutrition questions, monthly lectures, and special events. Check out the current NEWS website at <http://hewp.ksc.nasa.gov/Content/NEWS/NEWS.htm>

TAKE THE 5-A-DAY CHALLENGE! MARCH 31-APRIL 21ST: The HEWP in conjunction with Lackmann Food Services is challenging the spaceport to eat at least 5 servings of fruits and vegetables a day. Take the challenge by picking up a challenge sheet at any cafeteria, fitness center (including O&C, OSB, and Cape fitness centers), health clinic, or by e-mailing hewp@jbosc.ksc.nasa.gov to be e-mailed a sheet (if you have received a sheet electronically, please include your name and phone number on the sheet upon completion).

Complete the challenge sheet according to how many fruits and/or vegetables you ate each day and turn it in for a prize drawing. You must eat at least 5 servings of fruits and/or vegetables a day for a week to submit a challenge sheet! Sheets can be dropped off at any location where they are available or can be mailed to "HEWP" at mailcode: CHS-005.

Prizes include a free massage, free dietary analysis session, and free body composition/physical assessment and personal training session, each from our occupational health services here at the spaceport. A prize will be awarded every two weeks of the challenge (for a total of 3 prizes) from the sheets submitted during that 2-week period. Drawings will be held March 29th (from sheets turned in from weeks 1&2), April 12th (from sheets turned in weeks 3&4), and April 26th (from sheets turned in weeks 5&6).

10 Reasons to Eat 5 or More Daily Servings of Fruits and Vegetables:

1. Reduces your risk for cancer
2. Helps you have a healthy body
3. Tastes and smells great
4. Results in healthy looking skin
5. Good for your immune system – fewer colds and flu
6. Helps lower your blood pressure
7. Reduces your risk of blindness
8. Reduces your risk of Alzheimer's disease
9. Adds color to your plate and your life
10. You have only one body in this life

Take the challenge – eat 5 a day!



FUEL FOR WOMEN:

WALKING GROUPS: Come walk with us and get in your physical activity! More days, times and/or locations will be added as requested/needed.

Tuesdays -12:00-12:30- O&C trail
Thursdays- 12:00-12:30- O&C trail

FUEL 4 WOMEN LIST SERVE: All women at the spaceport can join the Fuel 4 Women list serve where monthly newsletters and program announcements will be e-mailed to list serve members each month.

Please contact Jessica Crews, Health Education Intern at Jessica.Crews@jbosc.ksc.nasa.gov for more information about or ideas for *Fuel 4 Women* and to join the list serve.

2006 CARDIOVASCULAR DISEASE (CVD) SCREENING SCHEDULE:

DATE	PLACE	TIME
Wednesday, April 12th	OHF	7-8 a.m.
Thursday, April 13th	LAC (MFF)	7-8 a.m.
Wednesday, May 17th	OHF	7-9 a.m. (2 hrs)
Wednesday, June 14th	OHF	7-8 a.m.
Thursday, June 15th	LAC (MFF)	7-8 a.m.
Wednesday, July, 12th	OHF	7-9 a.m. (2 hrs)
Wednesday, August, 16th	OHF	7-8 a.m.
Thursday, August 17th	LAC (MFF)	7-8 a.m.



2006 CARDIOVASCULAR DISEASE (CVD) SCREENING SCHEDULE: (Continued)		
Wednesday, September, 13th	OHF	7-9 a.m. (2 hrs)
Wednesday, October, 11th	OHF	7-8 a.m.
Thursday, October 12th	LAC (MFF)	7-8 a.m.
Wednesday, November, 15th	OHF	7-9 a.m. (2 hrs)
Wednesday, December, 6th	OHF	7-8 a.m.
Thursday, December 7th	LAC (MFF)	7-8 a.m.

OHF – Occupational Health Facility (M6-495, Industrial Area @ KSC)
LAC (MFF) – KSC Launch Area Clinic (Multi-Functional Facility @ KSC)

The 2-page CVD questionnaire can be picked up at any medical facility. The questionnaire can also be downloaded from the SGS home page/forms: <http://ksboc-forms/KSCForms2/ref/KSC28-1010.itr>. This form can be filled out on-line and then printed. Please print each page separately. You must fast for 12 hours prior to coming to the screening (nothing but water).

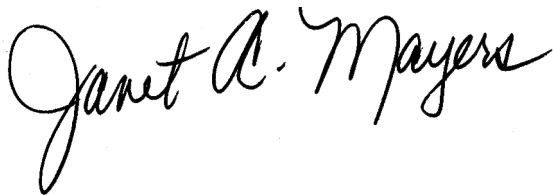
STRESS MANAGEMENT WORKSHOP: Any employee group can request delivery (at any time of the year, during the workday) of a newly developed, interactive workshop designed to teach employees how to handle stress at their workplace and in their lives. The workshop can be condensed to 30 minutes or extended to more than an hour for optimizing coping and relaxation skills.

Kris Calderon, PhD, CHES, BCIAC, KSC/CCAFS Health Education Administrator will be offering this workshop. Kris is certified in biofeedback and has used relaxation training for stress management in her teaching, service, and research. If interested, please contact her at 867-3414 or e-mail at Kristine.Calderon@jbosc.ksc.nasa.gov for more information. The workshop can be delivered in any worksite setting.

COLORECTAL CANCER SCREENING: Small amounts of blood in your stool, which can be detected with hemoccult slides, can be an indication of colorectal cancer. Hemoccult slides and [instructions](#) are available at all medical facilities during hours of operation.

WORKSITE LECTURES: Work-site lectures on any health subject and requests for health information or counseling are available upon request to Kris Calderon, phone: 867-3414, e-mail: Kristine.Calderon@jbosc.ksc.nasa.gov. (TA-C2)

AUTHENTICATED:



Center Services (TA-E1)



867-4714

IF SMOKE AND FIRE IS A DISTRACTION - DIAL 911 FOR A REACTION,

UNOFFICIAL

CAFETERIA: VISIT OUR WEBSITE TO VIEW MENU CHANGES. EACH CAFETERIA IS DIFFERENT.
[HTTP://CAFETERIA.KSC.NASA.GOV/](http://CAFETERIA.KSC.NASA.GOV/)

NEW AND IMPROVED KSC ENVIRONMENTAL WEBSITE: The NASA Environmental Program Branch website is now new and improved. Please visit us at: <http://environmental.ksc.nasa.gov>.

BEGINNER BALLROOM & LATIN DANCE LESSONS: Beginner ballroom and Latin dance lessons will be offered starting Tuesday, April 4, 2006, at KARS 1 and will run for four weeks. Come and learn Fox Trot, Waltz, Swing, Bolero Rumba, Merengue, Salsa, Cha-Cha, and Tango. The instructor, John Gregory, is an accomplished dancer and choreographer. John was formerly the Florida State Dance Director of the Dance Educators of America and also worked as a dance choreographer with a pilot movie company. Classes will be held from 5:15 - 6:55 pm and the cost is \$60 per person. The class is limited to 20 students. Must have a KARS card. Please contact Joy at 861-7675.

INTERMEDIATE BALLROOM & LATIN DANCE LESSONS: Intermediate ballroom and Latin dance lessons will be offered starting Tuesday, April 4, 2006, at KARS 1 and will run for four weeks. Come and learn more Fox Trot, Waltz, Swing, Bolero Rumba, Salsa, Cha-Cha and Tango. The instructor, John Gregory, is an accomplished dancer and choreographer. John was formerly the Florida State Dance Director of the Dance Educators of America and also worked as a dance choreographer with a pilot movie company. Classes will be held from 7:00 - 8:45 pm and the cost is \$60 per person. The class is limited to 20 students. Must have a KARS card. Please contact Joy at 861-7675.

CELEBRATE INTERNATIONAL MIGRATORY BIRD DAY: Merritt Island Refuge is celebrating the spring bird migration on Saturday, April 8, 2006. Celebrate with us by participating in the following free programs:

9:00 am—Shorebird Workshop (Reservations)
10:00 am— Backyard Wildlife Habitat (Reservations)
10:30 am to 2 pm—Make Your Own Bird Feeder
11:00 am— Bird Watching for Kids (Reservations)
1:00 pm—Birding Optics Program (Reservations)
9:00 am to 5:00 pm -Nature Photography Exhibit- Lou DiVita's artwork will be on display at the Visitor Center. There will be Free Bird Migration Poster give-a-ways while they last.

Please contact Ranger Nancy Corona at 321-861-0668 or by email at **Nancy_Corona@fws.gov** to make reservations for the programs indicated. The Refuge Visitor Center and sign in at the desk. The Visitor Center is located on SR 402, 5 miles east of U.S. 1 in Titusville.

WILDLIFE PHOTOGRAPHY-CREATING COMPOSITION USING NATURAL LIGHT, COLOR AND GEOMETRY: Merritt Island National Wildlife Refuge is hosting an art exhibit and lecture by acclaimed behavioral wildlife photographer Lou DiVita. Lou's attachment to wildlife and love of photography melded and created his passion for behavioral photography. The workshop will cover the artistic aspects of photography such as light, its direction, geometry, background, color and texture etc.

Additionally, Lou will cover some of the basics of using Adobe Photoshop/Elements as well as information pertaining to printing. The lecture requires knowledge of the camera and image editing software. Participants do not need to bring their camera. Lou's work is sold through partnerships with Florida State Parks, Merritt Island NWR, Audubon Societies, art galleries and specialty stores.

The workshop is being held at the refuge visitor center on Saturday, April 1, 2006 at 11:00 am. Reservations are required. Please contact Ranger Nancy Corona at 321-861-0668 or by email at **Nancy_Corona@fws.gov**

Lou DiVita's art exhibit will be on display at the refuge's visitor center from April through May 2006 during regular operating hours. The visitor center is located on State Road 402, 5 miles east of U.S. 1 in Titusville.

LOGISTICS SCHOLARSHIP: The Space Coast Chapter of the Society of Logistics Engineers is offering a \$2000 scholarship towards a degree at Brevard Community College. Deadline for applications is May 5, 2006. For more information contact Leman Booher, Vice- Chair Education at 727-3672, Ex 3193 (after 5:00 pm, 373-4651) or Jan Hall, SOLE Chairman, 537-1582/452-0530.

NASA EXCHANGE: Reminder! \$5.00 Jewelry Fair! SSPF Café April 3rd (10:00-4:00) April 4th (7:00-2:00) and HQ Café April 6th & 7th (7:00-4:00). Exchange stores are open Monday through Friday. HQ 7:00 am-4:30 pm, OSB 7:00 am-5:15 pm, O&C 8:00 am-4:00 pm and SSPF 8:00 am-4:00 pm. Visit our web page at **<http://nasaexchange.ksc.nasa.gov>** for more information.

KSC EXCHANGE - HAIR SHOPS: Our shops offer a full line of services for men and women. This includes regular haircuts, perms, frosts, beard trims, razor cuts, shampoos and colors! Visit us in the HQ building, room 1251 (7-7077), and see Sharon or Janet from 8:00 am until 3:30 pm. In the OSB building, room 1118 (1-3026) come in and see Fred or Rocky from 8:00 am until 4:00 pm. Call for an appointment but walk-ins are welcome!

KSC EXCHANGE - CITGO GAS STATION: This week's specials are tire rotation and brakes. Tire Rotation for cars are only \$15 and vans and trucks are \$20. Balancing is extra. Front brakes for \$94.95 and that includes semi-metallic pads and turn rotors. Rear drum brakes are \$84.95 and rear disc brakes are \$114.95. These prices are for most vehicles. Call 453-1254 for more information and/or to make an appointment. Pay at the pump is open 24 hours -- Gasoline, Bio-diesel and E85 Ethanol are available. CITGO and most major credit cards accepted. For information, call 453-1254.

KENNEDY SPACE CENTER FEDERAL CREDIT UNION REPOS: Repos located at the Merritt Island office. *ALL REPOS 4.99% APR.* 2002 Jeep Liberty Limited Edition, A/T, \$8975.00, call 455-9400, extension 1122. See pictures at **www.kscfcu.org**

UNIVERSITY OF MIAMI (Cape Canaveral Programs): The University of Miami will begin accepting applications for the Master of Science in Industrial Engineering (MSIE) starting July 2006 and the Master of Science in Management of Technology (MSMOT) starting June 2006. Both programs will be taught in Cape Canaveral in the NASA Logistics Shuttle Depot (NSLD). Courses are held Friday evenings and Saturdays to accommodate working professionals. For more information and to receive an application/brochure, please call Mr. Augusto Roca, Program Administrator at 1-305-284-4100 or send email to **augusto@miami.edu**.

WEBSTER UNIVERSITY OFFERS MASTER'S DEGREES: Webster University is designed to put you on a fast track to success. Webster offers Master's Degrees in Business Administration, Management & Leadership, Business & Organizational Security, Procurement & Acquisitions, Information Technology Management, and Human Resources. Your time is valuable and so is your career. That's why our programs offer convenient evening and weekend classes and accelerated nine-week terms. Shape your own destiny. Now's the time to get started! Contact Michelle Loufek

[WEBSTER UNIVERSITY OFFERS MASTER'S DEGREES \(Continued\)](#)

at spacecoast@webster.edu or call 449-4506 for more information. In most cases the GMAT and GRE are not required for admission into Webster University. For further information about Webster University, go to our website at www.webster.edu/spacecoast or call 321-449-4500.



PERSONALS

GARAGE SALE

Garage Sale: 3/31-4/1, 8:00 am, household, HD/ft board, Easter/home/holiday decor, double stroller, birdhouses, 195 Spruce Avenue, Merritt Island, 794-3045.

Garage Sale: 4/1, 8:00 am-1:00 pm, household items, lots of great stuff, 3785, Starlight Avenue, Sunset Lakes, Merritt Island, 452-1810.

Garage Sale: 3/31-4/1, 8:00 am-1:00 pm, Santuary II off Hwy 50 in Titusville, 269-2617.

Yard Sale: 4/1, 8:00 am - ?, furniture, appliances, dishes, tools, clothes, 1805 Live Oak Drive, North Rockledge, 631-0652.

REAL ESTATE FOR SALE

House: 3bd/2ba, 1 block from river, remodeled new kitchen, bathrooms, carpet, tile, and paint, Cocoa, 794-2228.

House: 3bd/2ba, maintenance free living, on Malabar golf course, Bimini Bay, \$265,000; 3bd/2ba, next to Jefferson school, 1650sf, Merritt Island, \$217,000, 271-0676.

House: 3bd/2ba/1cg, 1096sf, Merritt Island, \$178,000, 407-568-3301.

House: 3bd/4ba, full basement, large great room, upscale construction, Jacuzzi, granite counter tops, new, North Georgia Mountains, \$400,000, 407-857-5833.

House: 3bd/2ba, new kitchen/carpet/tile/paint/roof, pool & lake view, visit www.owners.com, search by listing ID #TPJ1254, West Melbourne, 631-1332.

House: 3bd/2ba/3cg, custom built 2000, 2300/2700sf, concrete and steel stormroom, fireplace, 1.05acre, on cul-de-sac, Mims, \$375,000, 321-269-7474.

House: 3bd/2ba/2cg, new, 1906sf, all warranty, sprinklers, security, hurricane shutters, split plan, lots of extras, NW Palm Bay, \$249,990, Trudy, 321-508-8666.

House: 2bd/1ba/1cg, 1000sf, new roof & gutters, large back yard, close to schools, shopping, I-95, Genevieve Avenue, Rockledge, George, 543-5362.

House: 3bd/2ba/2cg, cul-de-sac, Titusville, <http://home.cfl.rr.com/ksc2space/myflyer.jpg>, 268-1534.

House: 3bd/2ba/2cg, 1908sf, ceramic tile in baths/large kitchen/foyer, carpet throughout, Brinks security system, hurricane shutters, LaCita, Titusville, 321-759-3520.

House: 3bd/2ba/2cg, 1875sf, w/detached workshop, updated kitchen, fireplace, new roof, can e-mail pics, Titusville, Jamie, 219,900, 321-269-2384.

Condo: 2bd/2ba, top floor, direct river, many upgrades, 1955sf, Cape Canaveral, \$459,000, 321-543-8620.

Condo: 2bd/2ba, lakefront, 1st floor end unit, completely redecorated, S.E. Orlando, \$159,500, Patronsky, 321-302-0439.

Condo: 3bd/2ba, 1862sf, new 3rd floor unit, spacious floor plan, 90' wrap around balcony, Harbor Del Rio, Merritt Island, \$319,900, 452-3747.

TownHouse: 2bd/2.5ba, 1350sf, direct access to beach, all appliances included, screen porch, Cape Canaveral, \$285,000, 799-0498.

Timeshare: Daytona Beach Shores, sleeps 6, pool, tennis court, game room, floating week, \$9500, 264-9698.

Mobile Home: 4bd/2ba, doublewide w/2bd/1ba attached home, detached workshop, and screened porch on 2.42 acres, Mims, \$232,000, 321-501-3394.

Mobile Home: 3bd/2ba, 1700sf, new roof/paint/siding/cabinets, completely remolded, golf course view, \$119,000, 593-2952/749-7702.

Acreage: 9.7 acres, part cleared, well, no environmental issues, road access, utilities at roadway, zoned general use, no trailers, Mims, \$195,000, 459-2946/298-6414.

Acreage: 2.5 acres, cleared, dry, flag lot, Dixie Highway, Scottsmoor, Robert, \$125,000, 784-5450.

AUTOMOBILES AND RV'S FOR SALE

1985 Nissan King Cab 4x4 short bed 4cyl., pickup, new clutch, A/C, 5-speed, CD, good condition, 4" lift, \$1750/BO, Greg, 321-794-1904.

1988 Nissan 200SX, P/S, P/W/L, sunroof, high miles, runs great, need body work, very dependable, \$750/BO, 631-2097.

1989 Ford F150, body damage from wreck, engine and transmission great, \$500, Henry, 302-2070.

1989 Mustang GT 5-speed, runs and drives great, \$3000, 720-8795.

1989 Mazda 929, 4-door, A/T, still runs, \$200, 609-4431.

1990 Toyota extended cab 4x4, V6, needs new motor, all else good shape, new tires, bed liner, brakes, \$2000/BO, 321-269-3048.

1991 Ford Ranger 4x4, A/T, A/C, needs engine work, \$400/BO, 386 566-4674.

1994 Ford Aerostar extended van, Eddie Bauer package, loaded, everything works, \$1500/BO, David, 321-269-1925.

1994 2500 Chevy Suburban, 74L, third seat, \$4200, 321-454-9143.

1994 Camaro, V6, T-tops, power everything, new tires, CD, \$3000, Shawn, 321-986-7641.

1995 Ford Ranger, extended cab, 125K miles, 3.0L 6cyl, 2wd, standard transmission, A/C, \$1600, Mike, 848-4603.

1996 Lincoln Town car, Signature Series, 97K miles, leather interior, new A/C, moon roof, good condition, \$3000, 264-4738.

1997 Ford F350 XLT, diesel, dually, extended cab, \$7,500, 321-632-4292.

1998 Colman pop-up camper, A/C, 3-way refrigerator, 2 king beds, electric brakes, great shape, 321-269-5892.

1998 Nissan 200SX SE, M/T, sunroof, P/W/L, rims, tint, 34+ mpg, 156K miles, \$3000, 407-928-9306.

1998 Ford Explorer XLT, new tires, fully loaded, CD, leather, power everything, sun roof, excellent condition, \$6500/BO, Bob, 321-544-6731/385-9805.

1999 Dodge Ram 2500 pickup, Quad cab, 4x4, HD suspension, aux transmission cool, trailer pack, leather interior, ARE topper, \$13,000/BO, Paul, 407-810-2624.

1999 Plymouth Neon, recently re-built transmission, has less than 5K miles; 1994 Nissan Sentra, new tires, both for parts, BO, 453-4128.

1999 Mercury Cougar, white, V6, CD, P/W/L, P/seats, sunroof, new tires, garage kept, 93K miles, \$5500/BO, 321-863-2120.

2000 Shasta 24' 5th wheel, Flite M239-RK fiberglass extension, slideout, awning, good shape, hitch included, \$9295, Cobb, 504-9850.

2000 Rockwood Roo M-18 Hybrid camping trailer, details at www.zapdos.net, below NADA \$6200, 321-298-5375/321-264-2110.

2000 Nissan Altima GXE, runs great, good condition, clean interior, \$5500/BO, 321-223-8329.

2001 F150 Super Crew cab, 50K miles, 5.4L V8, tow package, bed liner, topper, P/L, P/W, tilt, cruise, excellent shape, \$14,000, 321-432-9225/321-693-8914.

2003 Toyota Matrix XR, 5-door, A/T, A/C, power package, new 17" rims/tires, CD/radio, tinted windows, 45K miles, clean, \$12,900, 321-720-1267.

2006 Mazda 3S touring, pearl white, 6K miles, great gas mileage, \$19,500/BO, Ken, 321-323-6400.

HOUSEHOLD FURNISHINGS FOR SALE

Medium oak oval dining room table w/6 chairs and 2 leafs, beautiful, \$600/BO, Larry, 298-5011.

Blue Lay-Z-Boy rocker/recliner, \$40/BO, overstuffed western patterned couch, \$50/BO; cherry colored entertainment center, \$40/BO, 386-847-0516.

Bassett 5-piece bedroom set, triple dresser, mirror, armoire, 2 night stands, 728-1122.

HOUSEHOLD FURNISHINGS FOR SALE (Continued)

Brown recliner chair, \$75, 271-9822.

Full bed, box spring, frame, not used, great condition, \$200/BO, Dan, 750-7755.

Glass top rattan dining table w/4 chairs, newly upholstered, matching coffee, end table, will separate, \$250/all/BO, 242-7357.

Coffee table/2 end tables, cherrywood finish w/glass inlay doors, very good condition, \$150; brass bedposts for head/foot king bed, brass bench, \$50/all, 639-1860.

Oak bunk or twin beds, mattresses, chest of drawers, desk and hutch, \$350/BO/all; Steelers bedding for bunks, \$50, Stephanie, 452-6563.

Dresser, 3 drawers, off white, \$35, 454-7770.

Childrens white laminate furniture; dresser, corner desk, file cabinet, bookshelf, bookshelf headboard, BO, 264-1081, after 5:00 pm.

Girls headboard from Ashley Furniture, twin size, white w/small flower center, frame w/tall posts, will email a picture, \$50, 321-698-7881.

Queen bed, 20" plush mattress, boxspring, head/footboard & frame, \$500, 267-0184.

Simmons hardwood crib, light maple or oak, w/29"x54"x5" mattress and casters, \$25, Mark, 386-345-0584.

Queen Mansion style bed, w/mattresses, dark oak finish, brand new, have pictures, \$350, Nicki, 386-423-4988.

Computer work table, \$20; black corner TV stand, \$25, both in excellent condition, 268-1691.

2 new blue recliners, \$100/each; floral print couch & loveseat, \$100; captain bed, \$175; twin bed, \$75, 264-6392.

2 white loveseats, brand new, \$300/BO, 321-501-3394.

Oak end table w/beveled glass top, \$35; 2 bedroom dresser beveled mirrors, maple, \$30/each; accent rug, 6x8, matching wall picture, \$80/both, 453-6795.

APPLIANCES FOR SALE

Maytag natural gas dryer, good condition, \$45/BO, David, 321-269-2301.

GE heavy duty five cycle dryer, almond, \$60/BO, Whirlpool Quiet Wash dish washer, white, \$40/BO, 452-6809.

Frigidaire washer, extra large capacity, Whirlpool Gold dryer, super capacity, excellent condition, \$125/all, 321-242-6611.

Refrigerator, Kenmore, side-by-side, good condition, runs great, \$250, Cyndi, 268-0517.

Food processor, \$15, 698-0027.

Dorm size refrigerator, 19"x33", good condition, \$50, 501-8329.

Whirlpool range/oven, model RF365PX, brand new, self-cleaning, cream color, 4 coil heating elements, \$225/BO, 321-633-3240.

Microwave oven, Panasonic, 2.2cf, inverter system, 1300 watt, stainless, manuals, like new, \$110, 321-720-1267.

GE glasstop range, white, \$25, Don, 453-6473.

Stainless steel kitchen sinks, almost new, Koehler double, \$50; used Elkay, \$25; new in box, Moen single lever w/spray, \$30, Richard, 321-777-2985.

Microwave, 264-6392.

KitchenAid refrigerator, like new, stainless steel, 21.5cf, \$700/BO, Clark, 243-1799.

MOTORCYCLES, ATV & EQUIPMENT FOR SALE

1978/79 3.5 Yamaha GT80's, old Shriner minibikes used for parades, some run/could use restoration, have title for 2, \$500/each, Stephen, 795-5571.

1985 Honda 250SX three wheeler in good condition, new tires, runs great, \$900, 321-544-1720.

1988 Harley-Davidson Springer Softtail, FXSTS, 85th Anniversary, stroked motor, 88ci, decent condition, needs cosmetics, \$9300, Bob, 321-639-2058.

2000 Honda Shadow Spirit, red/black, new saddle bags, custom seat, 7900 miles, clean, \$4000/BO, Jack, 386-837-1843.

2000 Honda XR80, 4-stroke, excellent condition, \$1000/BO, 504-9714.

2001 Honda Interceptor, garage kept, excellent condition, many extras, 18K miles, \$5500, 693-0436.

2001 Scrambler 400 4x2 4-wheeler, very fast, runs great, needs nothing, Hot Seat performance parts, original equipment, \$2100, 268-2776.

2003 Harley-Davidson Sportster Custom, 1200cc, 100th Anniversary, 6K miles, black, windshield, forward controls, backrest, SE exhaust, \$7200, 504-4456.

2003 Triumph Sprint ST, silver, hard bags, excellent condition, 19K miles, \$6000, Tom, 269-2009.

2003 Kawasaki Vulcan 1500 classic, red/silver, hard bags, windshield, hypercharger air cleaner, V&H Longshots, bike runs great, \$6000/BO, Tim, 604-6708.

2004 Honda CBR-RR 600, black w/silver, 3K miles, custom exhaust, LED lights, \$6800, 321-242-2552.

2004 Honda Rencon 4-wheeler, Mud Light tires and rims, hard box w/back rest, transmission warranty, Warn winch, excellent condition, \$4995, Ron, 321-243-3287.

2005 Honda Reflex 250cc, A/T, 70mpg, 80mph, two riders, lots of storage, dual disc brakes, perfect condition, 4700 miles, \$4500, Mike, 407-718-2026.

2005 Suzuki V-Strom DL-650, blue, 1K miles, mint condition, garage kept, dealer serviced, Shoei helmet, jacket and tank bag, \$4799, 312-427-6440.

70cc dirt bike, new plastics, very fast, starts easy, runs strong, 4-speed, A/T, \$375/BO, 749-9039.

ATV wheels/rims: GBC dirt devil tires, 26x10x12/26x12x12, aggressive tread, rims 12" steel, black, mounted, \$450, 321-639-1351.

Motorcycle windshield, Memphis Fats, black bottom, easy on-off mounts, fits 04-05 VTX1300, \$150/BO, 684-0785.

BOATS & EQUIPMENT FOR SALE

16' 1985 Sunbird I/O, \$500, w/2 axle trailer, \$1400; 12' jon boat, titled, \$125; 9.9hp Johnson Sailmaster LS, \$500; 6hp Evinrude, old, good for parts, \$50, 302-2070.

16' 1977 Cobia walk-thru, rebuilt 115hp Johnson O/B w/10 hours, galvanized trailer, \$1800/BO, 452-7687.

16' Sylvan aluminum V hull, 40hp Johnson, trailer, trolling motor, many extras, \$3800, 639-1518.

16' Coleman canoe, light weight, \$125; 3 boat props, small motors, 9.9-20hp, \$15/each, 777-2223.

16.5' 1986 Procraft bass boat, 100hp Mercury, needs tune up, \$1500, 302-1441.

17' 1977 Saber, 115hp Johnson, trailer, very good condition, \$2200, Ron, 454-3118.

20' 2000 Weeres Sportsman Deluxe pontoon boat, 40hp 4 stroke, galvanized trailer, for pictures, Lois, \$6200, 321-302-8392.

42' 1981 Ocean Sunliner aftcabin motoryacht, twin Detroit diesels, 2 staterooms w/heads, wash/dryer, many extras, \$99,900/BO, 637-0298.

Kayak, Loon 160T, 2 seater w/rudder, paddles included, very nice, \$800, 321-749-2868.

1996 Seadoo SP Bombardier w/trailer, very good condition, \$1800/BO, 639-6149.

1977 Evinrude, 55hp, as is, ran when taken off boat, includes engine controls for 15-16' boat, \$250/BO, 720-7937.

2004 Sea Hunt, Yamaha 115 4-stroke, aluminum trailer, w/radials, Garmin fish/bottom finder, GPS, full cover, excellent condition, \$18,000, 504-9714.

Pontoon boat w/trailer, \$3300, 271-0676.

V6 Johnson/Evinrude outboard SS Raker propellers, size 24/26, BO, 269-9626.

Proline bimini top, black w/custom boot, brand new, \$175/BO, Joe, 321-267-5542.

1977/78 Johnson 55hp outboard, no trim/tilt, ran good when pulled from boat, stainless prop, \$250/BO, Stephen, 795-5571.

MUSICAL INSTRUMENTS & ELECTRONIC EQUIPMENT FOR SALE

27" color TV, \$200, 321-639-0304.

Antique Slingerland parade drum, \$100/BO; Antique Premier Scottish snare drum, \$100/BO; Timbale, \$100/BO, 720-9512.

HP Vectra computer, 25G hard drive, Windows 2000, Office 2000, full system, \$230; monitor 17", \$35, 321-725-1012.

AMD 4400+ socket 939 dual core processor, brand new in factory sealed box, \$425, Mike, 574-0713.

Gyraton wireless keyboard/mouse, \$35; Belkin iPod media reader, \$30; iSight light, \$15; Palm Zire, \$10; IKEA computer holder, new, \$15; more, 321-735-0326.

Dell Optiplex computer, GX260, 2.3GHz, XP Pro OS, 80GB hard, drive, 512 meg memory, CD ROM drive, KB & Mouse, 17" LCD monitor, \$525, 636-9037.

MUSICAL INSTRUMENTS & ELECTRONIC EQUIPMENT FOR SALE (Continued)

VOX AC15 tube amp, 12" speaker, chrome stand, cover and footswitch, excellent condition, \$1000, 638-0238.
PC ThrustMaster NASCAR Pro racing wheel w/pedals, for Windows 98, 2000 & Me, excellent condition, \$50/BO, 638-0559.
DVD flip down screen, remote, 2 headsets was installed in 2004 Dodge Ram 1500 quad, cost \$1000, sell \$300, Rick, 321-517-9062.
Motorola i830 Nextel, silver, sim card, car/home charger, \$110/BO, Shaun, 604-1066.
Sony Trinitron 17" monitor, excellent picture, manuals, \$35/BO, 321-720-1267, evenings.
Musical keyboard stand, three tier professional, \$60, John, 321-223-2573.
Satellite finder, frequency: 950-2150MHZ, POWER: dc13-18v, brand new, \$8; Sony 32MB memory stick Duo, \$10; Lexar memory stick, 64MB, \$7, 269-3897.

MISCELLANEOUS FOR SALE

Dodge SRT4 stock turbo, manifold, wastegate, BOV, PCM, injectors, stock MAP and TIP sensors, \$675/all/BO, mistermog@cfl.rr.com, 652-4800.
Table saw, \$40; SBF-C6 transmission, \$75, Jim, 480-9502.
Backhoe bucket, 12" wide, deep throat w/teeth, came off of Ford, excellent shape, \$325/BO; basketball hoop, portable type, \$50, 321-639-0304.
Hockey tickets, Capitals at Panthers, Saturday, April 15, 4 seats, lower bowl, section 108, seats 13-16, \$220/BO/all, Don, 288-4404.
Deer Hunting Club, Georgia, for details call, 321-863-1008.
Weight training equipment: 3 benches, 1500lbs of steel weight, 330lbs olympic, assorted bars, 2 mats, \$500, 243-6109.
Weider Pro weight system: bench, 300lbs of weights, weight rack, great for workouts, bought brand new \$700, sell \$300, 795-9710.
Portable Lifetime basketball goal, \$50; girls 24" Huffu 15 speed bicycle, \$35; hitch-haul platform carrier, \$25, 321-242-6611.
Bellawood tongue & groove maple flooring, prefinished, 325sf, solid 9/16", 50 year warranty, \$600, 454-4114.
John Deere 790, 28hp, 3cyl, Yanmar diesel, 4wd, 5' bush hog/box blade, front loader, 18' tandem axl trailer, 6 months old, 30 hours, \$16,000, 298-6414.
Piper Arrow, 1972, 3-blade, leather, 2 coms, nav/GS, 4/intcm, ANR, autoplt/cpl, Melb. hgr, Wharris1@cfl.rr.com, \$67,500/BO, 321-242-0583/223-0819.
Commercial walk behind mower, 33" 12hp, Briggs electric start, low hours, \$700, 321-269-8320.
Mercury Marine Mirage stainless steel propeller, 15 pitch, part number: 48-19838-15, \$200, Jack, 459-3720.
Pool table, slate top, excellent shape, \$500, 728-1122.
Sears electronic air hockey table, \$125; fooseball table, \$75; trampoline, \$75; 4 - R17 P275 - 40Z truck rims, \$50, 271-9822.
Black metal grates, 4'x4' for art tents or dog crates, 4/\$20, 777-2223.
2 person mausoleum, D-42 Oaklawn, \$4000; 2 plots Brevard Memoria, sec 4 lot 187, \$3500/BO, 269-3123, after 11:00 am.
Ceiling fan w/3 lights, black, 52", 5 paddle, works/looks great, \$35; used 2 ton A/C and airhandler, \$250, 799-2525.
Multi-surface steam cleaner, 1600 watts, extra accys, \$95; Ab-Roller exercise unit, \$20; NASCAR collection, 698-0027.
5 cans of R-12 refrigerant and 1 can of R-12 oil, \$100, 501-8329.
Hunt club in Georgia, call for details, 799-2133.
Trailer hitch, 2" class III receiver, for Nissan Frontier, \$110, Ray, 631-7239.
Boys bike, great condition, \$35, Jim, 454-3439.
Sears Craftsman Rubbermaid type centrifugal fertilizer spreader w/60lb. capacity hopper, tow behind lawn tractor, good shape, \$45, 321-269-1340.
2001 Sears 17hp riding lawn mower, automatic transmission, not used for 2 years, garage kept, \$500, 454-3142.
8x8x8 concrete blocks, bags concrete mix, bags sand, Quiet Flight surf board; triangle & round heavy duty pond liners, 759-8743.
Surfboard, fin control system, shortboard, custom, yellow w/hibiscus, \$150, Patronsky, 799-2744.
1 Magic ticket, \$45, 407-968-7244.
4 used Goodyear Wrangler MT/R - LT285/75R16, 2 good/2 poor, not bald, \$60/all; MSD Blaster Coil, never used, for Jeeps w/4-6 cylinder, \$25, 917-1845.
Used prehung Luan interior doors w/hardware, 2 32", 2 30" 1 24", \$15/each; Craftsman 10" radial arm saw w/stand, good condition, \$135/firm, 431-9047.
4" Rockwell jointer w/stand and casters, new knives, \$135/firm, 431-9047.
Generator, Homelite, 4400 watt, good condition, \$150, 632-9549.
Wedding ring set; platinum, 1 ct tw. octillian diamond solitaire + 11 octillian in band, paid \$5000, asking \$4000/BO, 407-529-5952.
Walls, new, for 24' above ground round pool, no hardware, paid \$300 new, sell \$150/BO, Betty, 639-0853.
Regulation pool table, good condition, you move, \$300/BO, Doug, 536-0754.
7' pool table, commercial grade, auto ball return, good condition, BO, 449-9258.
Snapper lawn mower, good condition, needs bag, \$80, Bob, 321-639-2058.
Custom truck bed cover/tent for full size truck, all aluminum, blue top, excellent condition, \$100/BO, Don, 638-0559.
Mitsubishi MT372 tractor, 16hp diesel, 3-speed, hi-lo, p.t.o., 3 pt., turf tires, \$1200, 321-432-1659.
Microwave cart, excellent condition, \$20, 639-1860.
Power King 1212 garden tractor, Kohler motor, 44" mower, \$440, 454-4660.
Trailer hitch from Uhaul off 2004 Dodge Ram 1500 quad, \$45, Rick, 321-517-9062.
Mon Cheri wedding dress, size 8-10, white strapless satin, french tulle, lace & pearl, chapel length train & shawl, \$300, Debbie, 784-6463, leave message.
Military style helmet and flack vest, \$150; king waterbed mattress, semi-waveless, Strata Supreme 9.9, like new, documents, \$50, 321-720-1267, evenings.
6 wheels & tires, 15" Nissan 4 lug from 240SX, \$25/all; commercial stainless prep table, 5' long, \$50, 459-3768.
4 Chevy pick-up 5 lug steel wheels w/Uniroyal Tiger Paw tires, size P235-75R15, half tread left, great shape, \$150/all, 383-9470.
1992 Club Car golf cart, new tires, recent battery, clean, \$1800; 1982 Club Car golf cart, new tires, runs/looks good, \$1400, 269-2370.
Full size light blue bed spread, canopy, skirt and curtain w/valance, \$45; Child's pool table, \$25; 454-7770.
'98-'02 Camaro SS logo floor mats, \$40; Camaro SS key fobs, \$10; 639-7772, after 4:00 pm.
Continental IO-520 aircraft engine, needs 3 cylinders, some injection stuff, \$1500/firm, 863-0572.
Vinyl storm shutters for sliders, 8' & 10', \$35/each; 7" diameter pressure treated dock poles, various lengths, Don, 453-6473.
Used landscape stones, 8", coral color, BO; temporary power pole, \$100, 431-7674.
4 custom factory wheels, 5-bolt w/tires, removed from Toyota Celica, plenty of tread on 195/60R15 tires, \$160, 267-9879.
ATV tires and wheels, set of 4, 12x7 ITP's C-5's, w/27x10x12 Swampflites, like new, \$525, 480-4181.
New Vinotemp black 32 bottle undercounter wine cooler, slight shipping damage, 50% off, 264-1081.
Formal dresses, various sizes 6 -11, beautiful, worn one time; 2 wedding gowns, will email pics, \$50-\$100/each, 321-698-7881.
Apartment items for sale, BO, Jeff, 639-2084.
Electrolux Vacuum cleaner, 2100 Model, excellent condition, original owner, includes canister type, power nozzle, attachment tools, bags, \$150/BO, 386-423-4484.
15" Chevy wheels w/Dunlop tires, center caps and rings, \$100, 453-2039/749-3585.
Deer hunting club in Georgia, call for details, 321-267-6587.
Treadmill, made for jogging, incline heart monitor, fan, paid \$1000 from Sears, rarely used, \$500/BO, Nicki, 386-423-4988.
Gravely Promaster 100 commercial mower, zero turn, 50" Kohler, 18hp, \$1500, 321-501-0494.
Set American Eagle 186 aluminum wheels, 15x7, 5x4.75 lug pattern, fits S-10 Chevy & others, brand new in box, \$300, 321-302-9295.
Aquarium, 90 gallon fresh water: tank, pine stand, canister and under gravel filters, air pump, power heads and accessories, \$400, 271-5297.
Golf clubs, Harvey Penick classic iron set, reg flex 2-SW, \$80; Callaway Great Big Bertha driver, stiff flex \$45, Mike, 268-0197.
1992 Jeep Wrangler brand new 33/12.50/15 Super Swanper and 15x10 inch rims, set up and ready to go, \$6700, 321-403-9495.



MISCELLANEOUS WANTED

Dr. Seuss books, any condition, reasonable, 452-1505, leave message.

Old German medals, 452-0709.

10' ridged inflatable boat, not too old, Hank, 543-0316.

RV roof style A/C unit, good working condition, Rod, 268-1928.

Clothes dryer, fair price, in good condition, 407-766-2131.

Newer Nextel phone w/large capacity, 500 or more, sim card, prefer flip style, will take other if priced right, 302-1441.

Electric meat grinder; 24-26' cargo trailer, 759-8743.

6 drawer tall chest of drawers, white or brown, fair condition, will pick up, 407-968-7244.

Surfboard, will pay \$50-\$100, Greg, 386-791-1251.

Irish Step Dance lessons, 268-4766.

Leisure Lite motorcycle trailer; Shur Kamp motorcycle trailer, Steve, 407-365-9880.

Honda Civic Wagon or Toyota Corolla Wagon, 407-353-2886.

Well pump, 3/4hp to 1hp, Howard, 269-3297.

FOR SALE OR TRADE

2004 Chevy EXT 1/2ton truck, 4wd, Z71, green/gray, loaded, 27K miles, extended warranty, \$22,500/trade/BO, 302-1441.

